

THE

GATEWAY

THE UNIVERSITY OF NEBRASKA AT OMAHA'S STUDENT NEWSPAPER SINCE 1913



VOLUME 05 | ISSUE 52 | FRIDAY | April 14, 2006

New program focuses on energy-saving initiative

CRYSTAL R. REID
EDITOR-IN-CHIEF

With energy prices continuously rising and falling, it's easy for people to lose out on saving the green and reducing their energy consumption.

Not because they want to; many may not know how to save.

UNO and the Omaha Public Power District announced plans for a program that should help people understand energy consumption, and how to slow it down. Reducing consumption should reduce money out of pocket.

"As the prices go up, it becomes even more important to conserve energy," said UNO Chancellor Nancy Belck.

The Energy Research Application Initiative will use faculty, staff and students from several disciplines to explore the use of science and technology applications that could substantially reduce energy demand, said B.J. Reed, dean of the UNO College of Public Affairs and Community Service.

The program will also develop research and application models to help those least able to meet their own energy needs.

OPPD will fund the program up to \$500,000 annually through 2010.

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photo by Caelan Miller

Senior Josh Berry creams professor Joe Brown's face at the Psi Chi sponsored pie in the face event April 12. Students paid for one pie and the money went toward the Steve Paige Memorial Scholarship fund.

20 Days in April: Get fit for free and win stuff too

JONATHAN HARROLD
STAFF WRITER

The group fitness program in the Health, Physical Education and Recreation Department, Group Ex., has launched a new incentive program.

As part of the department's MavTracks program, "20 Days in April" rewards students for participating in various Group Ex. classes and activities through the 28th of April. Classes run five days a week. If interested, students can pick up a "20 Days in April" Challenge Chart with the complete set of rules from 100 Health in the Physical Education and Recreation Building or from any Group Ex. instructor.

As for the rewards, aside from good health and a potential beach body, Dave Daniels, assistant director for Fitness/Wellness & Instructional Programs at UNO, said Hoof Prints are awarded



Anne Herman (left to right) and Cassie VanHorn share a laugh with WET instructor Laura Haberman during their water exercise training class in the HPER pool Wednesday. The class is one of many programs offered for the 20 Days In April challenge.

based on a variety of wellness activities, habits and check-ups. There are nine levels in all, with prizes ranging from a t-shirt to a gym bag and a heart rate monitor.

"Classes are free," said Daniels. "Students have already paid for them."

See 20 DAYS: Page 7

Changing interest rules merit interest

SCOTT STEWART
SENIOR STAFF WRITER / SYSTEMS MANAGER

The federal student financial aid program will undergo a significant change this summer as interest rates move from a variable- to a fixed-rate system.

"We have not seen the regulations yet," said Randy Sell, director of the UNO Office of Financial Aid. "We do not even have a lot of clarifications yet. It may not be quite what we are thinking."

Under current regulations, interest rates for the federal Stafford loan, available to any student who submits a Free Application for Federal Student Aid, are calculated by adding 1.7 percent to the current interest rate on a 91-day treasury bill. The rate for the loan currently stands at 4.7 percent.

Starting July 1, the Deficit Reduction Act of 2005 will fix the Stafford loan at 6.8 percent. These interest rates apply for any financial

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Omaha Weather



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news@gateway.unomaha.edu | April 14, 2006

News you can use

COMPILED BY KIMBERLY BRYANT

STAFF WRITER

University of New Orleans student to speak at UNO April 14

In a series of events for Greek Week at UNO, a student from the University of New Orleans will discuss what life on her campus is like after Hurricanes Katrina and Rita.

Chevita Phifer will be the keynote speaker at UNO's annual Greek Week Banquet Friday, April 14. The event will be held at 5:30 p.m. in the Milo Bail Student Center Ballroom.

The UNO Greek Week Planning Committee has adopted the "UNO to UNO Hurricane Relief Project" as its philanthropy during Greek Week 2006, which is under way through April 14. In the fall of 2005, UNO students, faculty and staff launched the "UNO to UNO Hurricane Relief Project," a sustained fund-raising effort aimed at providing relief to their colleagues at the University of New Orleans.

All funds raised by the Nebraska UNO during the course of the year will be earmarked for a recovery fund established by Tim Ryan, chancellor of the Louisiana UNO, for members of his university community who lost everything.

For more information, call 554-2711.

Spring dialogue on volunteerism April 19

The UNO circle of Omicron Delta Kappa will host a spring dialogue titled "Volunteer: Your Community, Your Help" Wednesday,

April 19. The event will be held from 5:45 to 7:30 p.m. in the MBSC Chancellor's Room.

The discussion will focus on volunteerism efforts in the metropolitan community. The following people will serve as panelists:

- Scot Adams, Catholic Charities;
- Ellen Freeman-Wakefield, Heartland Family Services;
- Todd Landry, Child Saving Institute;
- Roger Lewis, Children's Hospital;
- Paul Sather, UNO Service-Learning Academy; and
- Sarah Price, Make-A-Wish Foundation.

Omicron Delta Kappa is a national leadership honor society. Refreshments will be served.

For more information, contact Nicole Sturzenegger at nsturzenegger@mail.unomaha.edu or Carmen Mattes at cmattes@mail.unomaha.edu.

Liver transplant recipient to promote organ donation April 20

A 23-year-old organ recipient will share his story with UNO students at an event Thursday, April 20, to help raise awareness of the need for organ donation.

Brian Holcomb of Payson, Utah, who received a liver in the fall of 2004, is president of the Utah chapter of Donor Dudes. This is a student-run organization created by Chris Klug, a 2002 Olympic snowboarding bronze medalist and liver transplant recipient.

The event is part of a national organ donor awareness campaign created by five public relations students from the UNO School of Communication. The team, in

conjunction with the Nebraska Organ Recovery System, plans to launch the first Students for Organ Donation chapter in Nebraska.

The team's slogan, "License to Give: We Card," stresses the importance of becoming an organ donor. Team members are asking students and faculty to show proof of organ donor registration to enter the April 20 event. Those who are not organ donors can sign a donor card at the event in order to participate.

Holcomb's speech will begin at 10:15 a.m. in the MBSC Nebraska Room. Following the speech, students will compete in an organ donation rendition of the "Jeopardy" game. Refreshments will be served.

Research shows that people age 18 to 25 are most receptive to organ donation. The team's campaign targets this age group.

For more information, contact Sally Gutschow, media relations director, at 712-253-4862 or sagutschow@mail.unomaha.edu.

Public and Nonprofit Job Fair April 19

Career Exploration and Outreach will host a Public and Nonprofit Job Fair Wednesday, April 19. The event will be held from 10:30 a.m. until 1:30 p.m. in the MBSC Ballroom. Representatives from local and national organizations will be available to discuss employment and volunteer opportunities with students and alumni.

For more information about the fair and other

services offered by Career Exploration and Outreach, call 554-3672, or stop by Room 211 in the Eppley Administration Building.

School of Communication to host NACC Conference April 21-22

The UNO School of Communication will serve as the host of the National Association of Communication Centers' annual conference April 21-22.

A growing interest in and support for speech centers and communication labs has revealed the importance of research and instruction, which in turn help provide instruction and assistance to students, such as the UNO Speech Center.

The two-day national conference will focus on communication centers and will offer a variety of interactive sessions ranging from how to establish and market a speech center to developing instructional strategies, teaching tips and workshops.

The conference begins Friday, April 21 at 12:45 p.m. in the MBSC Dodge Room. A banquet, featuring keynote speaker Deborah Smith-Howell, will be held at 5:30 p.m. in the MBSC Ballroom. Smith-Howell, the assistant vice chancellor for Student Affairs, was instrumental in establishing UNO's speech center.

The conference will conclude Saturday, April 22.

For more information, contact Karen Kangas Dwyer in the School of Communication at 554-2253.

Comments? Concerns?

Write the Editor at
editor@gateway.unomaha.edu

COMPILED BY COLLEEN O'DOHERTY
STAFF WRITER

Friday, March 31, 2006

4:06 p.m. Staff member reported theft of University and Personal property from the Weber Fine Arts Building. Incident occurred on Tuesday, 3-28-06, between 2 p.m. and 4 p.m.

Monday, April 3, 2006

4:12 a.m. Visitor reported theft of personal property from their vehicle while parked in Lot 9. Incident occurred between 1am and 4:12 a.m.

8 a.m. Student reported theft of personal property from their vehicle while parked in the Crossroads Mall parking garage. Incident occurred on Monday, March 20, 2006, between 10:15 a.m. and 12:40 p.m.

8:15 a.m. Student reported theft of personal property from their vehicle while parked in the Crossroads Mall

Parking garage. Incident occurred on Monday, March 20, 2006, between 9 a.m. and 12 p.m.

11 a.m. Staff member reported two acts of public indecency in the Health, Physical Education and Recreation Building. Incident occurred on Friday, March 24, 2006, between 1 p.m. and 3 p.m., and on Monday, March 27, 2006, between 1 p.m. and 5 p.m.

Tuesday, April 4, 2006

1:15 p.m. Student reported theft of personal property from the Engineering Building. Incident occurred at 12:40 p.m.

5:30 p.m. Student reported theft of personal property from their vehicle while parked at Saint Margaret Mary's Church lot. Incident occurred between 7 p.m. and 11:30 p.m.

5:50 p.m. A suspect in numerous thefts was reported in Weber Fine Arts Building. Campus Security officers responded to the scene, but were not able to apprehend the suspect. The suspect's vehicle was found parked adjacent to campus and was impounded by the Omaha Police Department.

Wednesday, April 5, 2006

11:55 a.m. Student reported theft of personal property from the Weber Fine Arts Building.

3:11 p.m. Student reported theft of personal property from the University Library.

Friday, April 7, 2006

11:35 p.m. (Thursday, April 6, 2006) Student reported theft of personal property from vehicle parked at Saint Margaret Mary's Church lot. Incident occurred between 7 p.m. and 11:30 p.m.

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FEATURES

Josh Bashara | Features Editor

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features@gateway.unomaha.edu | April 14, 2006

Making a Difference: Marcia Adler

KRISTINA ALAS
SENIOR STAFF WRITER

With tons of energy and an outgoing personality, Marcia Adler, coordinator for student health services, has always tried to make a difference for her department and UNO students.

This May will mark Adler's eighth year working at UNO. She currently holds leadership over student health services, and is in charge of drug and alcohol education.

Adler says she enjoys working at UNO because she gets energy from the students. She likes working in a place that honors new ideas, because she tends to get bored doing the same thing every day.

In 2005, Adler received the Chancellor's Commission on Women Award for Outstanding Achievement. Adler was able to bring women's health services onto campus. She said she shared the award with a group of students who requested that they bring women health services onto campus.

Every spring semester, Adler gets to step away from her office in the student center to teach a health living class in the Health, Physical Education and Recreation Building. She said it allows her to interact with students on an academic basis.

"I really like teaching those classes. It allows me to see where the students stand, and it's always fun," Adler says.

One of her favorite things to do is work with international students. She says the ability to make a difference for students who are so far from home and have to adapt to a different culture are valuable resources that student health services offers.

"It helps international students with the ability to help them function in our world," Adler says.

If you weren't involved in health education, what else would you be doing?

I don't know how to do anything else, to tell the truth. The most stressful thing I have ever done was when I helped my son in Boy Scouts. We had to run the cash register at the Civic Auditorium and sell snacks at the baseball fields; it was highly stressful. I would rather take care of patients or be in front of a classroom full of students any day.

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What are some of the things you have seen changing in UNO students over the years?

I came to UNO when the residence halls came, so I have seen a couple of changes. First of all, I've seen students who are committed to their education. They're working two jobs and going to school full time. Students are giving up their life for an education. I've also seen the age of students decrease a little. So we're seeing younger students on campus.

How are students changing from a health perspective?

Some of our students are taking greater risks, or are more comfortable taking risks. I see more students getting themselves in trouble with drinking, or sexual behavior secondary to events that took place drinking. I think [they might take] greater risks because they work so hard that they want to play hard at the same level.

If you could change one thing about UNO, what would it be?

I would make [tuition] affordable for everyone. I think there are people that would like to be here but it looks impossible from the outside. I would also help students understand how much power they have. Students are the employers of all of us. Sometimes students go to class and then go home without recognizing that they can truly make a difference.

If you had one piece of advice for a UNO student, what would it be?

To take a deep breath and enjoy all the opportunities that are right here on campus. I think students run from work to class to the library and they don't have time to really appreciate the environment. They don't have time to interact with scholars, top people in their field and the students from other countries. Sometimes I see students turn in papers [in which] their thought process is wonderful but they didn't take it



photo by Lucas Munderloh

Marcia Adler of Student Health Services has been helping students' well-being for eight years at UNO.

to the next step. They could have done that by taking it to the Writing Center to put that little polish on it. That [oversight] can hurt them academically.

How did you feel when you won the Chancellor's Commission on Women Award for Outstanding Achievement?

I was amazed and I was honored. I felt like I won it for doing what I should have been doing in the first place. Our role here at school is to take care of issues the students need. I was able to bring women's health services onto campus because the students asked for it.

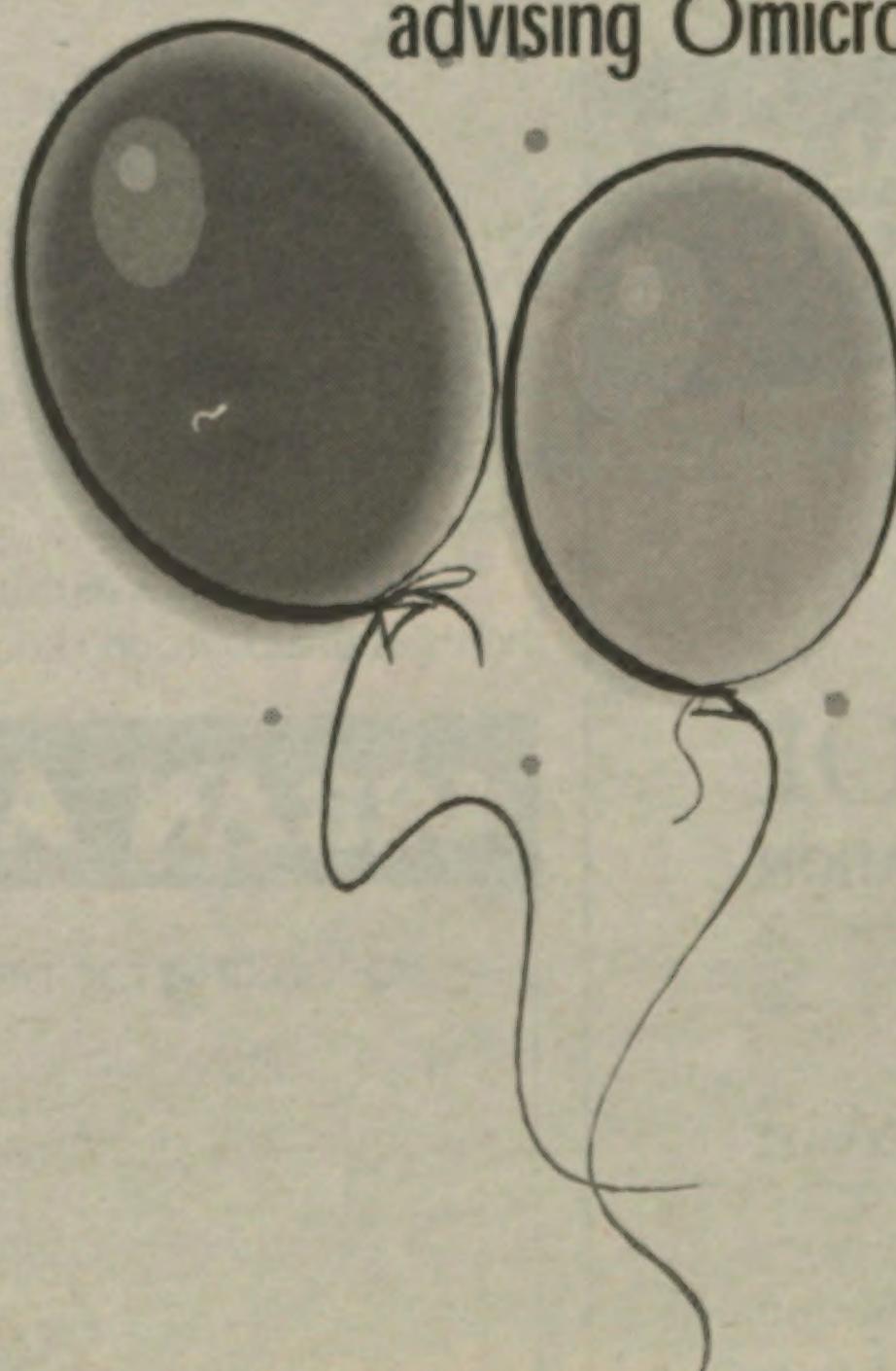
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Outstanding Organization for 2005-06

The UNO Women in Aviation Chapter

Outstanding Organization Advisor for 2005-06

Dr. Bill Wakefield for 20 years
advising Omicron Delta Kappa



UNIVERSITY OF
Nebraska
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SPORTS

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April 14, 2006 | sports@gateway.unomaha.edu

Nathan Leete | Sports Editor

Foluso Makinde: From Yoruba Tribe to UNO Mavericks track

LIZ SELZER
SENIOR STAFF WRITER

Foluso Makinde is more than a two-time indoor national champion in the long jump. She is a native of Nigeria, and hasn't been home since she moved to Omaha in 2002.

"I came to the states to go to college," Makinde said. "When I saw that UNO had a track team, I decided to try-out."

Coach Tim Hendricks remembered the day Makinde walked into his office.

"It was the summer before her freshman year," Hendricks said. "She asked if she could go out for track, and I said sure."

"She did some jumping and running back home, and she had some talent."

Hendricks recalls her only jumping around 15 feet in high school, with her 100-meter run somewhere around 17 seconds.

"You could pull those kids out of the lunch room," Hendricks said.

But halfway through her freshman year, Makinde started to work on her jumping.

"She still has some things technically that she could improve on," Hendricks said.

Maybe. But her competition probably doesn't want to see her practice more.

The senior defended her 2005 national championship title in the long jump at the NCAA Division II Indoor Track and Field Championships in early March. She soared to an outstanding mark of 19 feet, six inches.

But there is a Makinde outside of long-jumping.

A typical day starts by going to work at the UNO childcare center on campus early in the morning.

"I really don't consider it work, because it is so much fun," she said.

On Tuesday and Thursday, she heads to practice after work, before going to class. On Monday and Wednesday, she goes from work to class and then to practice. She also has some night classes to keep her schedule full.

"Friday and Saturday we are normally in competition," she said. "I can't remember the last time I got to go out on Friday night."

She is the daughter of Dr. Femi and Dr. Dupe Makinde and is the only girl of five children. She has three older brothers and one younger brother.

"I chose Omaha because my brothers lived here," Makinde said. "I live with one

of my brothers right now."

Being raised in a male dominated household, Makinde has a special relationship with her mother. When asked if she could bring one thing from Nigeria to the United States, she said "my mom." Dr. Dupe visits her children often, and was just here in January for about a month.

"She is going to try and come back for the outdoor nationals," Makinde said. "With it being my senior year, she wants to come back and watch me before my career is over."

Makinde said there are a number of differences between Nigeria and the United States, the biggest being food.

"Rice and bread are really the only things the two have in common," Makinde said.

Her favorite meal back home is rice and plantains. Plantains are similar to bananas, and are fried and eaten with rice.

"Lucky for me Hy-Vee has plantains, so I make it all the time for myself," Makinde said. "I eat it so much I am surprised I don't have plantains growing out of my body."

If she isn't at home cooking up some rice and plantains, you might find her at Burger King eating some French fries.

"I love BK French fries," she said. "I don't like hamburgers, so all I order is french fries."

Coach Hendricks remembers food being a major issue with Makinde early on.

"She said the food upset her stomach," Hendricks said. "But through the years, she has found foods that she can eat."

Another difference she talked about was Americans' obsession with drinking.

"We don't drink as much there," she said. "I don't know

if it was my background because I was never around it, and I don't drink very much."

Although English is the national language in Nigeria, they also speak a native tongue. There are more than 200 different tribes in Nigeria, but only three major ones. She is a part of the Yoruba tribe. She still speaks her native language with her family and friends.

Makinde has worked hard throughout her career on the track team, but it will end in May.

"I have mixed emotions about the end of the year," Makinde said. "I am excited to be done because it takes up so much of time, but I am going to miss it."

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photo by Michelle Bishop

Baseball extends win streak to 14

NATHAN LEETE
SPORTS EDITOR



Lyle LaFountain

The UNO baseball team extended its winning streak to 14 games with a doubleheader sweep of Southwest Minnesota State on Monday in Marshall, Minn.

The Mavericks won 4-2 in both games. In game one, Lyle Lafountain scored after reaching base on a double, to give the Mavericks a 1-0 lead in the first inning. After five, the Mavs trailed 2-1, but Evan Porter hit an RBI single to tie things up. Brian Goliber kept the game from going into extra innings with a two-out, two-RBI single to win the game in the top of the ninth. Blake Denoyer improved his record on the mound to 3-0, with three innings of scoreless relief and escaped a bases loaded situation in the bottom of the ninth.

In game two, the Mavs went up 2-0 in the second when Derrick Kendrick hit a two-RBI double.

SMSU scored a run in the fourth, but Porter hit a two-run single in the seventh to increase UNO's lead to 4-1. SMSU scored again late in the game but it was not enough to win. Ryan Lafountain came in and threw the final two outs of the game to pick up the save.

The Mavericks return home this weekend to host Minnesota-Duluth in doubleheaders Friday and Saturday. The opening pitch will be thrown at noon both days.

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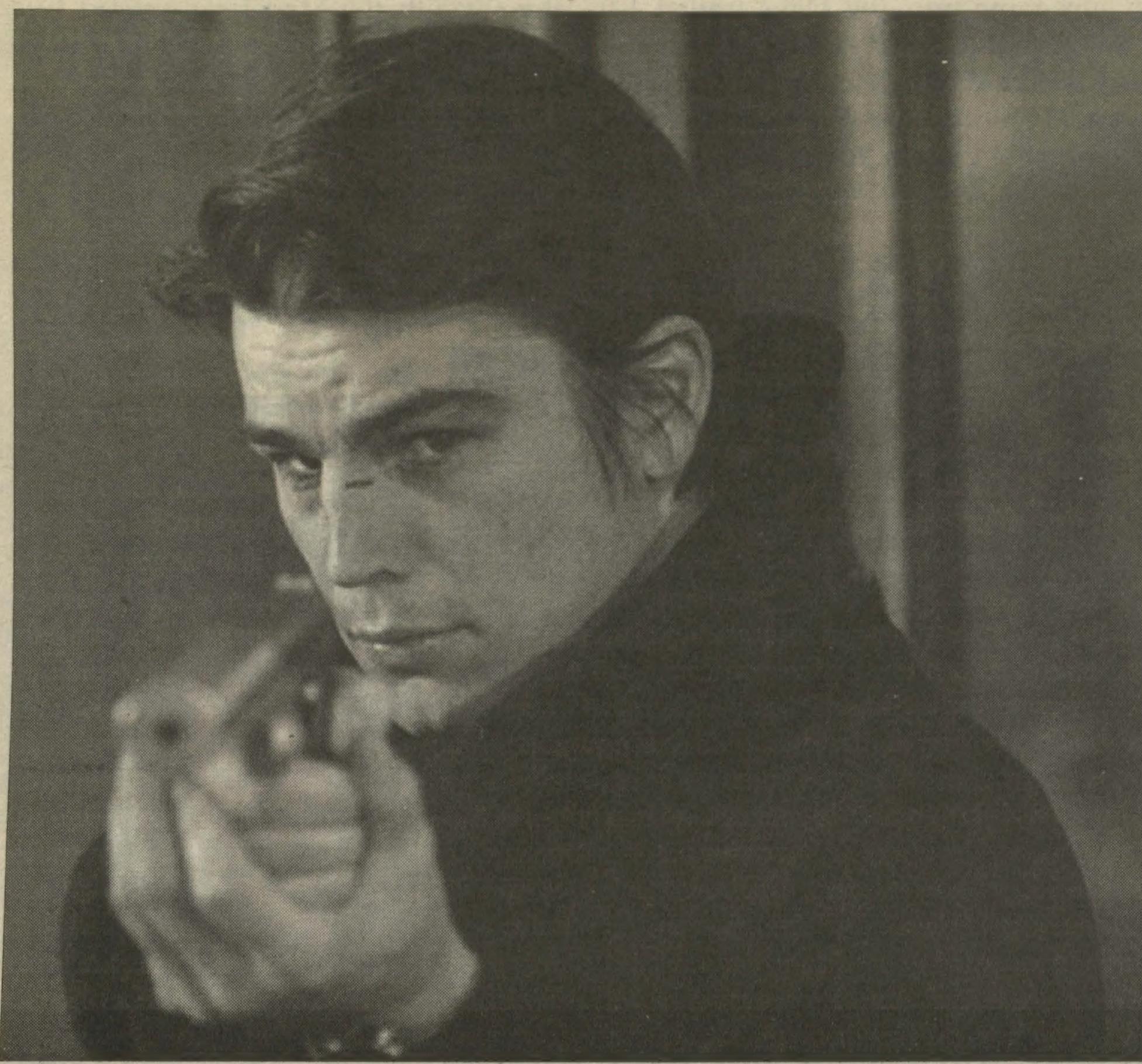
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ENTERTAINMENT

April 14, 2006 | entertainment@gateway.unomaha.edu

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Andrew Cumbee | Entertainment Editor



Josh Hartnett stars in the new quirky crime thriller, *Lucky Number Slevin*.

Lucky Number Slevin: Intrigue, deception and Josh Hartnett in a towel

JONATHAN HARROLD
STAFF WRITER

Lucky Number Slevin is an ambitious movie, one of those films that wants to be and do a lot of things. Consider, for example, *Shaun of the Dead*, which successfully combined zombies, comedy and romance. *Slevin* takes gangsters, assassins and gamblers, adds a case of mistaken identity and throws in a healthy dose of romance. It's definitely not one of those movies that keeps you waiting for something to happen. *Slevin* shuffles you along at the same manic pace of the main character (Josh Hartnett's titular *Slevin*), who, Hartnett fans will no doubt be delighted to know, spends the first portion of the movie in only a bath towel.

Slevin's a bit of an odd name, but that's what this movie is all about. Joining Hartnett are Ben Kingsley as The Rabbi, Morgan Freeman playing The Boss and Bruce Willis as the sublimely, amusingly named Mr. Goodkat.

So I know what you might be thinking. All these funny names mean it's a funny movie, right? That depends on your definition of funny. *Slevin* has its moments of humor, but it's a gallows humor; the kind you use to try to take your mind off the horrible nature of your current situation. If you laugh, it'll be more of a nervous chuckle than a gut-busting guffaw.

The movie does let up on all the drama and tension occasionally. I said there was romance, and that's supplied by Hartnett

and Lucy Liu's Lindsay. Liu has made a career of playing tough women and really tough women. Her characters are often not really the nicest people. Here she takes an entirely different turn, showing a side of her I can't say that I've seen before, not that I've seen Liu's entire filmography. To say the least, though, Lindsay isn't O-Ren Ishii.

Liu isn't the only one turning in an unexpected performance in this movie. Kingsley and Freeman turn their kindly, paternal images on their ears, creating warring mobsters who are not nice people at all, but still very real ones. Stanley Tucci shows his tough side too, as does Danny Aiello, whose character in this movie scared me. Josh Hartnett more than holds his own, fitting in right alongside the Hollywood heavyweights around him. Of course, you also have Bruce Willis gliding through this movie on autopilot, but still providing the solid entertainment of the variety that Willis' fans have come to expect.

All in all, *Lucky Number Slevin* plays a fast-paced game of cat and mouse. It's not for the weak of heart or stomach, but fans of Willis or hard-boiled crime stories will find plenty to sink their teeth into. The movie gives you only what you can observe to go on, effectively keeping the truth always hidden just around the corner. You might think you know what's going on, and you might even be right. Then again, you might just be lucky.

Final Grade: A



Religion in film is a passion for UNO professors Blizek and Matalon

CHARLEY REED
SENIOR STAFF WRITER

There are many hidden treasures on the UNO Web site. One of these treasures, the *Journal of Religion and Film*, is located a few clicks down the line from the Department of Philosophy and Religion main site.

The world-known publication was founded by the late Ronald Burke, a former professor at UNO, and William Blizek, who currently teaches philosophy and religion classes for the school. Along with fellow professor and associate editor for the journal, Guy Matalon, Blizek has taken his pet project into the classroom for more than a decade.

While Matalon has only offered his class in the last few years, Blizek has been teaching his classes since the early '90s, after getting the idea from an ABC Breakfast speaker.

"There has been, since we first offered our class, a literal explosion in interest in the area of religion and film," Blizek said. "So we've been offering, off and on, a course on religion and film for over ten years here at UNO."

Blizek and Matalon will be offering two courses that focus on the use of religion in film next fall. While Blizek's class is a more general study of religion in film, Matalon is focusing on the subject the Holocaust.

The idea of a specific course on the Holocaust and its uses in film came from a film called *Train of Life*, which depicts the story of a town of Jews trying to escape the advances of the Nazi army by taking over a train and riding it through all of the Nazi check points to safety. After watching the film, Blizek and Matalon discussed the movie's implications.

"One feature of the film seems to be that its visual images seem to have an impact much greater than written description," Blizek said. "Since this is true, Guy thought that it might be interesting for students to approach the Holocaust through film." A course on the Holocaust is not

only hard to get past the board that approves classes for each semester, but is emotionally hard on those teaching it. The specificity of a course on the Holocaust in film makes it even harder to teach on a regular basis.

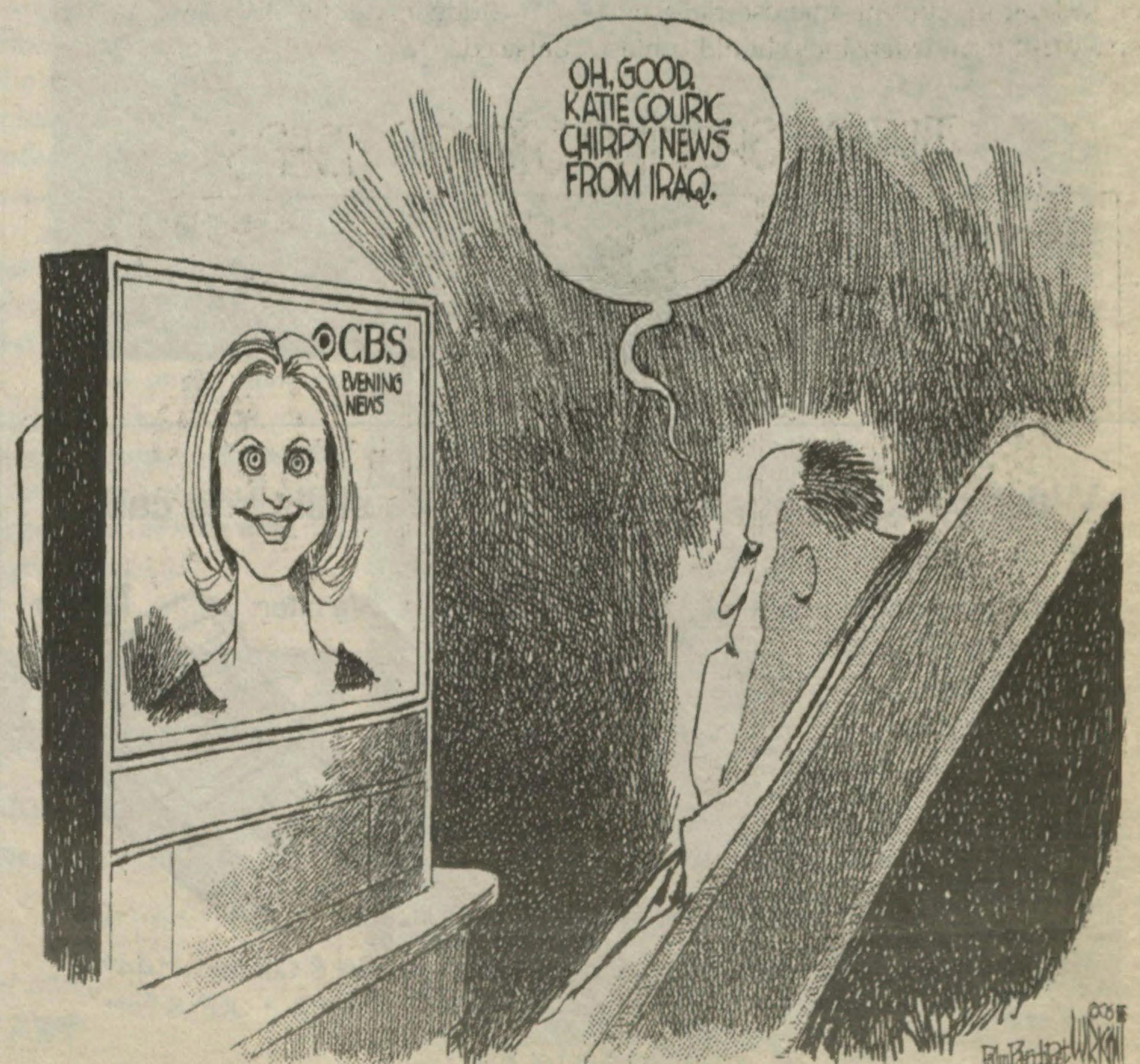
Many would agree that religious themed movies such as the *Passion of the Christ* and the upcoming *The DaVinci Code*, have been and will be major blockbusters, but Blizek doesn't think this is anything new. "Religious films have always been a significant part of filmmaking," Blizek said. "If you take storytelling as a way to understand religion and film in the sense that movies retell stories that we are familiar with from religion, then there are many such movies."

Blizek does, however, encourage students to be more selective about the movies they choose to watch. He said deeper levels of appreciation can be pulled from movies that they can relate to, especially when those connections are religious.

"Most movies are terrible Hollywood crap," said Blizek. "But there are enough good movies available to all of us on DVD now that we have a body of films that are more than merely entertaining." Whether it is through the journal, trips to *Sundance*, or the offering of classes, Blizek and Matalon are making great strides in the evolution of film studies at UNO.

There have not been talks of adding a "film studies" major at UNO, but Blizek will continue working for the advancement of what he feels is an important, but often overlooked, topic.

The religious studies program and the *Journal of Religion and Film* will continue to deal with religion and film, since there continues to be a significant interest in that topic," Blizek said. "What this means for other areas of film studies or production, I do not know." The *Journal of Religion and Film* can be found online at www.unomaha.edu/jrf, and registration for next semester's classes began earlier this week.



From ENERGY SAVE: Page 1

"Old habits die hard, especially for many residential and small business users of energy," said Gary Gates, president of OPPD, in a news release. "By reducing demand, individuals and businesses can reduce their bills."

Reed said the ability of everyone to adopt new technologies is key. A U.S. Department of Energy report said new technology and conservation efforts could reduce the energy demand growth by 20 to 47 percent.

Belck said UNO has its own energy-saving practices in place right now, including energy-saving light bulbs and automatic lighting systems.

"As we're doing a new building, we're making sure energy efficient fixtures go in,"

she said.

The new program may focus on original research, model testing, development and assessment of pilot programs and service and public policy analysis, among other things.

"We're hoping this strikes a chord with both residential and commercial users throughout our service areas," said Adrian Minks, vice president of marketing and support service for OPPD.

Belck noted that she'd seen her own energy bills going up at home.

"We did some remodeling a couple years ago," she said. "No contractor nor subcontractor asked us about energy savings. We just all need to be more aware of the options."

From 20 DAYS: Page 1

in their student fees, so they should take advantage of them."

"We have great, dedicated instructors who make exercise fun, and we offer things like cardio kickboxing, yoga, pilates, water exercise, muscle conditioning, ab workouts, athletic conditioning classes, etc," he said.

Students have already warmed up to the stay-in-shape in April idea.

"I started because I hurt my shoulder so this was a low impact way for me to stay in shape," said Isaac Paden, a graduate student at UNO. "I enjoy doing this program because I like keeping stats on my performance, so this is a way to do that and get some cool stuff in the process. I enjoy the MavTracks program because it makes me stay in shape."

He said the instructors are all very knowledgeable, and easy to work with.

"Dave Daniels and Amber Nielson do a great job of supplying inexpensive ways for students to stay in shape and have fun at the same time," Paden said.

As an added incentive, students who convince a friend to sign up for the MavTracks program will receive 20 Hoof Prints. All new participants will also receive 20 Hoof Prints.

Daniels is hopeful this program will return.

"This is the first one we've tried, so we'll see how it goes," Daniels said. "Ideally, I'd like to do something like this each semester."

From INTEREST RULES: Page 1

institution offering Stafford loans.

"Based on the changes on the fixed-rate interest, now would be the time [for students] to contact their lender," Sell said.

This change gave the educational and financial communities less notice than previous changes, which were conducted using a process known as "negotiated rulemaking," according to Sell. Congress passed the Deficit Reduction Act without the direct involvement of student aid professionals.

"That's the law," Sell said. "The Department of Education is responsible for regurgitating the law into federal regulations, which is our Bible."

Loan repayment options will also be affected by the interest-rate change, since the new law will close various loopholes and exceptions pertaining to consolidation options. Students interested in learning more about loan consolidation, loopholes for locking-in current interest rates and repayment term extensions should contact

their lender.

"Consolidation is not for everyone," Sell cautioned.

Students with more general questions, such as who their lending institution is, should contact the Office of Financial Aid in Eppley Administration room 103.

"We are the up front, help-students-get-their-loans [people]," Sell said. "We determine what a student's loan eligibility is. We also help students hook up with the lenders."

Sell also urged students who will be returning to UNO in the fall to file a FAFSA as soon as possible, even though the March 1 priority deadline has already passed.

"About one-third of the FAFSAs are in—it happens this way every year," Sell said. "Students can help us help them by initiating the process. If you procrastinate the student aid piece, you can hurt yourself."

Students can file their FAFSA online at fafsa.ed.gov.

TIPS ON SPOTTING STEROID USERS**From MAKING A DIFFERENCE:** Page 3**What women's services did you bring on to campus?**

Seven years ago we weren't allowed to order birth control pills for students and weren't allowed to offer any women's health services on campus. There was a lot of concern about us doing it, even though Kearney and Lincoln were already doing it. We are able to hire a gynecologist, so women are able to have an exam. The women are also able to order birth control if there are issues such as irregular periods and acne.

How do you try to convey alcohol awareness to students?

When students get to be 19 and 20 years old, it's not bad for them to experience drinking. I think drinking is a normal part of some students' lives. They just need to learn

to do it in moderation and safely, so they don't put themselves or others in harm's way. I think some students haven't been modeled with good behavior in the past, so they don't have a good example of what normal is. I think it's our job as educators to normalize some of that stuff that can get people into trouble. We try to teach students how to do things in a safe manner.

Do you think students are drinking more now than when you started?

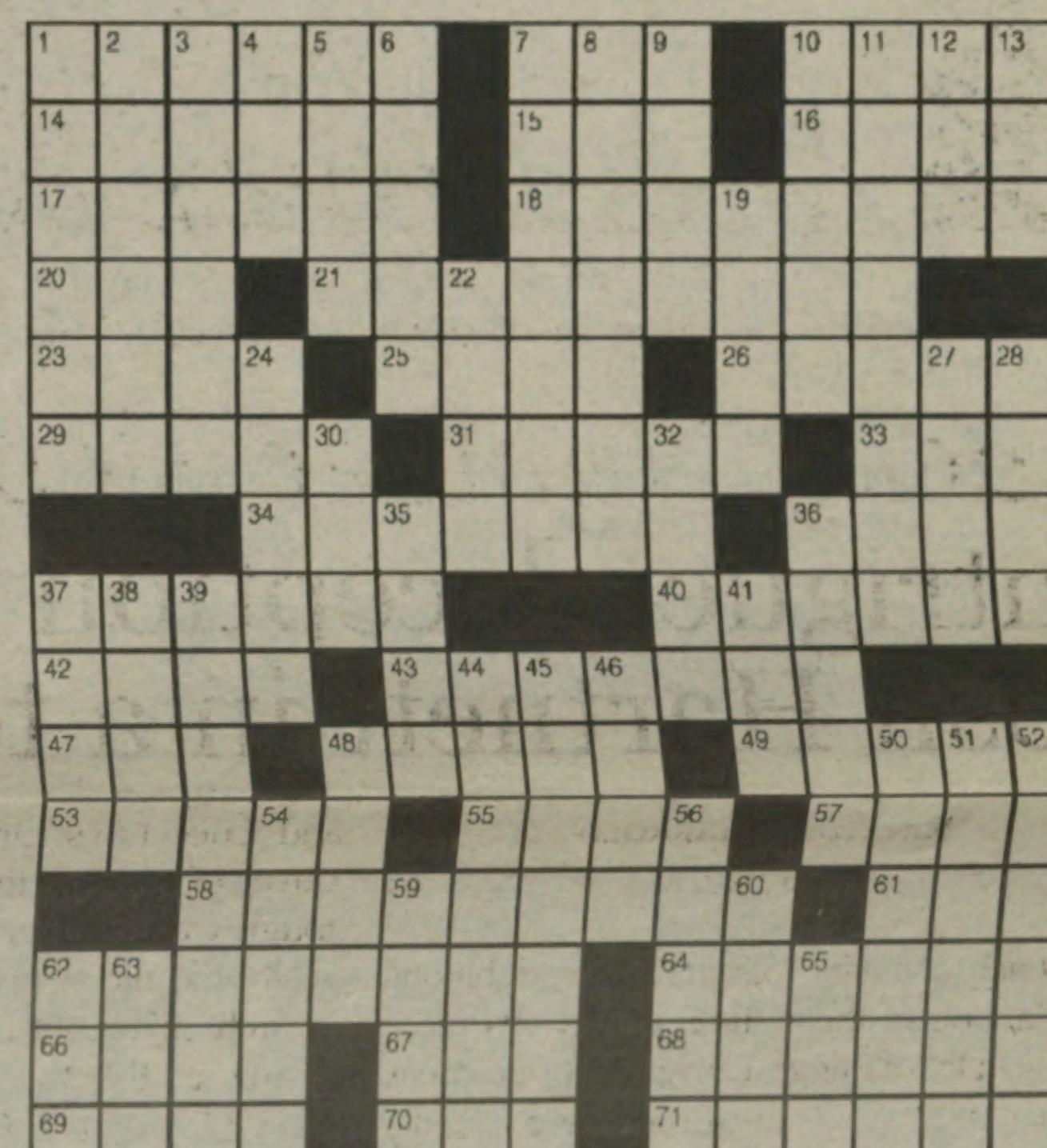
I don't know if students are drinking more, or they are talking about it more. I think students always drank—but I think we have a small group of students who [engage in] high-risk activities while drinking. Ninety percent of students do the normal thing, but that other 10 percent push the envelope. By doing that, they are endangering their lives and our lives...and I don't think they see the difference.

Crossword**ACROSS**

- 1 Confront boldly
- 7 West Coast airport code
- 10 Serengeti sound
- 14 Bauble
- 15 Forever and a day
- 16 Small whirlpool
- 17 Clan pattern
- 18 Phone numbers?
- 20 & so on
- 21 Element Mg
- 23 Auction off
- 25 Soft shoes
- 26 Frock
- 29 Get the check
- 31 The Divine Miss M
- 33 Earl Grey, e.g. painter
- 34 "The Dance"
- 36 Ring loudly
- 37 Smooth, even style in music
- 40 Craving
- 42 WWII losers
- 43 Knife or fork
- 47 Full hairpiece
- 48 Determination
- 49 Muslim holy city
- 53 Belle of the Old West
- 55 Marceau, e.g.
- 57 Mend socks
- 58 Charcot's medical field
- 61 Consent to
- 62 Approximate calculation
- 64 Ethnic
- 66 Related by blood
- 67 Quaker pronoun
- 68 Slip by, as time
- 69 Muscle twitches
- 70 Pro vote
- 71 Restraining rope

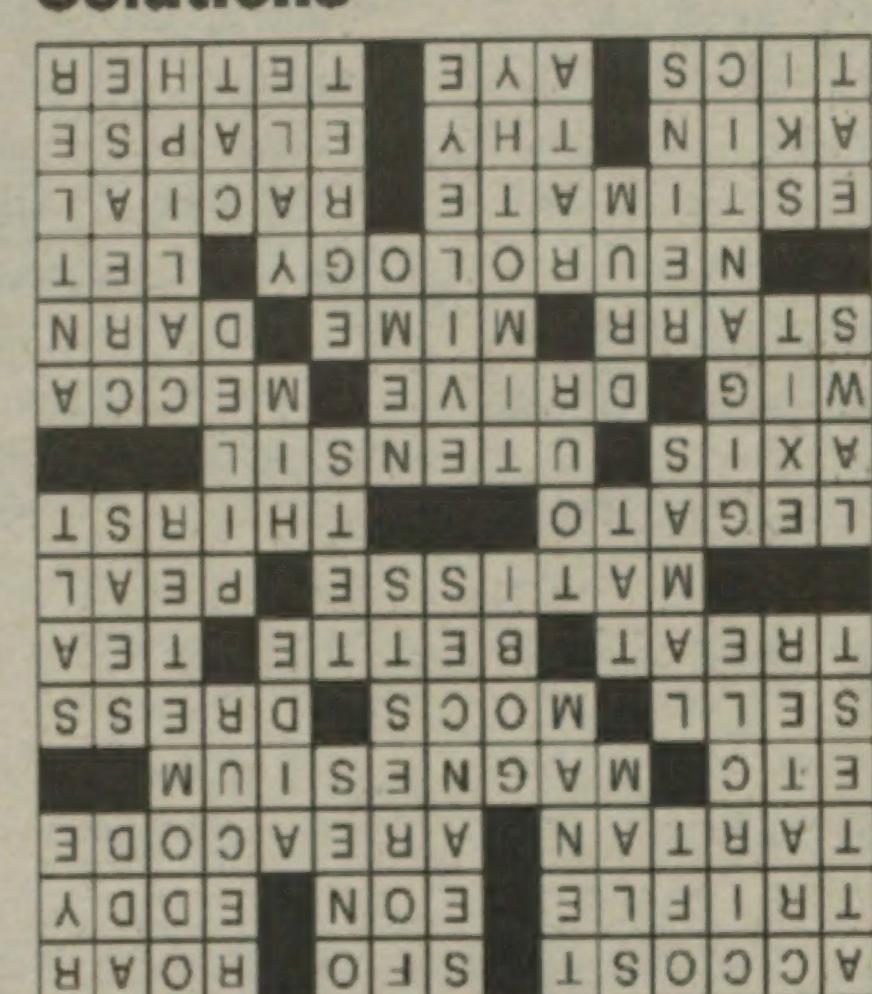
DOWN

- 1 Bear witness
- 2 Volcano opening
- 3 Run rings around?
- 4 Frequently, in poetry
- 5 Kind of dunk
- 6 Coffeebreak hr.
- 7 Otherworldly sessions
- 8 Wooded tracts
- 9 Singles
- 10 Come up again
- 11 Dashboard counter
- 12 Contribute
- 13 Deli loaf
- 19 Assistant
- 22 Asian desert
- 24 Tibetan monks
- 27 Bodies of water
- 28 Shaker filler
- 30 Do lacework
- 32 Asian holidays
- 35 Duty assignment
- 36 In a stack
- 37 Statutes
- 38 Way out
- 39 Humongous
- 41 That man
- 44 New Testament book
- 45 Visual spell



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4/21/06

Solutions

- 46 Verne's captain
- 48 Bongo or conga
- 50 Islamic leader
- 51 Trouser fold
- 52 Rack element
- 54 Bridle straps
- 56 White heron
- 59 Pro ___ (in proportion)
- 60 New Haven school
- 62 Wolf down
- 63 Travel on snow
- 65 Cool dude

Need to recruit new members?
Planning an event?
Get your message across with us!

554-2494

advertising@gateway.unomaha.edu



Mav-Rec



Trips & Workshops:

Beyond Basic Kayaking:
 Monday, Apr. 17 from 7:00 PM - 9:30 PM
 \$19 for UNO Students/Faculty
 \$26 for general public
 Add \$5 if registering after 4/10
 Learn more advanced kayaking skills
 Clinic taught in UNO swimming pool in HPER
Bring towel & swimsuit to clinic!!!
 *****Basic Kayaking Clinic is a pre-requisite*****

Beginning Climbing Weekend Trip:

Pre-Trip Meeting:
 Tuesday, May 2 from 6:00 PM - 8:30 PM
Trip Dates:
 Friday, May 5 (evening departure) - Sunday, May 7
 \$107 for UNO Students/Faculty/Activity Cardholders
 \$123 for General Public
 Add \$15 if registering after **May 2**.
 - Travel to beautiful Palisades State Park, SD to enjoy a weekend of climbing and camaraderie!!

Lower Missouri River Paddle Trip:

Pre-Trip Meeting:
 Tuesday, May 9 from 6:00 PM - 8:00 PM
Trip Dates:
 Friday, May 12 (evening departure) - Sunday, May 14
 \$94 for UNO Students/Faculty/Activity Cardholders
 \$108 for General Public
 Add \$15 if registering after **May 6**.
 - Paddle 32 miles of the Missouri National Recreational River from Bow Creek (North of Wyoit, NE) to Ponca State Park.

Questions? Call OVC 554.2258

Health, Physical Education and Recreation Building Hours

Monday - Thursday: 6:30 AM - 11:00 PM
Friday: 6:30 AM - 9:00 PM
Saturday: 8:30 AM - 7:00 PM
Sunday: 12:00 PM - 10:00 PM



Keep it Real.....

.....Tan in the Sun!!

HPER Pool & Sundeck Hours:

Monday - Friday	Saturday
6:30 AM - 9:00 AM	1:00 PM - 3:00 PM**
11:00 AM - 1:00 PM	Sunday
4:00 PM - 7:00 PM	3:00 PM - 7:00 PM

**Sundeck opens at 11:30 AM

Questions? Call Eric at 554.2223



Activities & Special Events:

20 Days in April Incentive Program:

- Earn Hoof Print points for attending various GroupEx Classes during the month of April!!!
- In connection with the Mav Tracks Program, you will also receive 20 Hoof Print points for signing up a friend in the Mav Tracks Program.
- Pick up a 20 Days In April Challenge Chart in HPER 100 or from any GroupEx instructor.

Chair Massage Service:

Friday, Apr. 21, 11:00 AM - 1:00 PM in HPER 213
 \$10 for a 15 minute massage
 Administered by Licensed Massage Therapists
Register in advance in HPER 100!!!!
 (Walk-ins permitted if time permits)

Questions? Call Dave at 554.2008



New Club Team Forming:

Equestrian Club:

- UNO's Sports Clubs is now developing an official UNO Equestrian Club Team.
- An organizational meeting is set to be held **Wednesday, April 20 at 5:00 PM in HPER 203**.
- No experience is necessary and no horse required to be involved in this club.
- Unable to attend but still interested?? Call **Lisa Adams** or stop by **HPER 100** to get more information!!!

Questions? Call Lisa at 554.25393

Classified Ads

NOTICES

Advertising will be rejected that discriminates based on age, race, color, national origin, religion, sex, disability, marital status or sexual orientation.

LOST & FOUND

FOR ITEMS LOST AT UNO
 Contact Campus Security, EAB 100, 554-2648.
 Turned-in items can be claimed by a description and proper identification.

Advertising for items lost or found on the UNO campus will be published free in the Gateway for two weeks. Forms are available at the Office located in Milo Bail 1st Floor.

HELP WANTED

SUMMER JOB OPPORTUNITY!
 Work outside, with other students, have fun, and make \$8-12 phr. Get experience! Call College Pro Painters NOW!
 1-888-277-9787.
www.collegepro.com

SUMMER MANAGEMENT JOB!

Hundreds of jobs available! Work outside, leadership, fun, other students! To apply call College Pro Painters NOW! 1-888-277-9787. www.collegepro.com

Mt Crescent Ski Patrol is looking for new members for next season. MCSP is a volunteer organization with opportunities for skiing, snowboarding, and specialized rescue training. Interested, contact Wayne at wcweide@hotmail.com or Joel at jbauch@mail.unomaha.edu for additional information.

Live In
 Looking for responsible non-smoking student to live in and help 15 hours a week with 4 beautiful children in exchange for free room and board in a "nanny suite" with private entrance, kitchenette, private bath & cable plus \$50/week. Home located 90th/Dodge area. Previous child care experience and references necessary. Lori 445-4037.

St. Mark's Child Care and Preschool has immediate full and part time openings available for assistant teachers. You must have a kind heart and a desire and love to work with children six weeks to 12 years old. If this sounds like you please call April at 712-328-1179, or apply in person at 15 Bennett Ave, Council Bluffs, IA, 51503.

Small company seeking part-time telemarketer/administrative assistant. Please call 402.699.3750.

Nanny
 Fun, energetic person needed to watch two little boys and a puppy for the summer. Full-time hours 7:30-5:30, compensation commensurate with experience. References needed. It will be a great experience and we'll take good care of you. Reputable family in great neighborhood in northwest Omaha. Please send interest email to amymoan@cox.net with phone number and we'll call for interviews. We look forward to meeting you!

JOB OPPORTUNITY!

Lifeguard and Swim Instructor positions available at the Downtown YMCA. Please call 977-4317 for more information or apply online at www.metroymca.org

Produce clerk needed to fill part time positions (days). Cashier needed to fill part time position (mornings). Apply in person at 5205 Leavenworth Street, Omaha NE 68106 or call (402) 551-6875.

DILLARD'S EMPLOYMENT OPPORTUNITIES

If you are interested in becoming a member of the Dillard's team, apply in person at Customer Service during store hours. Full and Part Time positions with benefits are available. Benefits include employee discount, Paid vacations and holidays. Oakview Mall 697-1323.

Want to place an ad?
Call 554-2470

PART-TIME BABYSITTER WANTED

Loving and energetic babysitter needed for infant twins Monday afternoons and every other Wednesday afternoons. Experience and references are required. Contact Jill 991-0905.

SERVICES

PIANO INSTRUCTION

Experienced, caring teacher with Master's Degree. Children & adults of all ages welcome. Donna Zebolsky 991-5774.

DEFENSE LAWYER

Call the Law Office of Timothy Watts for your Criminal defense needs. 402-345-0244.

Have a new business? Need something designed? We're who you are looking for! We do newsletters, business cards, brochures, websites and much more! Call Jeff 305-7181 or jeff797@gmail.com

FOR RENT

1 & 2 Bed - Huge! 90th & Dodge. Call today 345-3400. 1001 Apartments

HOUSE FOR RENT
 7+ bedrooms. Cheap rent. A/C and Heat. Plenty of Parking. 5 Minute drive to UNO. Call Bryce @ 578-9006.

ROOM(S) FOR RENT in large 4 bed house. \$375. Share living, kitchen areas. Free utilities, phone, cable. No pets. 57 & Pacific. 250-2909.

1 BEDROOM DUNDEE APT FOR RENT
 4915 California St. Heat Paid. Offstreet Parking. \$485/month. 397-9437.

HOUSING

APARTMENTS AVAILABLE 40th & Cass Streets (Between Cathedral and Joslyn Castle) Large 1 and 2 Bedroom Apartments Carpet, Central Air, All appliances Lease from \$395-\$550 per month. Heat and Water Paid. Belgrade Company 393-6306 or www.belgrade.com

\$1.00 discount on classified ads for students
<http://myweb.unomaha.edu/~egund>
 319.2309.

APTS., HOUSES and sleeping rms. for rent, roommate lists - call UNO off-campus Housing Referral Service at 554-2383 or stop in the Admin. Office, Milo Bail Student Center.

ROOMMATE WANTED

Mature, nonsmoking, female graduate student wanted as a roommate. Home located approximately 2 miles from UNO campus in the Country Club area. Reduced rent of \$200, includes utilities, in exchange for occasional pet-sitting/house-sitting. Must love dogs and cats. Available around June 1, 2006. Requires minimum one year commitment. Days 691-5506, evenings 933-0089.

FOR SALE

Moving Out Sale: 1993 Mazda Navajo 4WD LX, 4.0 L, 150 HP, 115000 mi, A/C, power windows, sunroof. For TV, computer, bike and more check out: <http://myweb.unomaha.edu/~egund> 319.2309.